## AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1 (currently amended). The use of Method of alding a person to wake refreshed after sleeping comprising administering to said person a consumable film comprising triprolidine or a salt or hydrate thereof as active ingredient of an aid to waking refreshed after sleeping.

2 (withdrawn). The use of a consumable film comprising triprolidine or a salt or hydrate thereof as active ingredient in the preparation of a composition for enabling an individual to wake refreshed after sleeping.

3.(withdrawn). The use of a consumable film comprising triprolidine or a salt or hydrate thereof as active ingredient in the preparation of a medicament for enabling an individual to wake refreshed after sleeping.

4 (withdrawn). The use of a consumable film comprising triprolidine or a salt or hydrate thereof in the preparation of a sleep aid which also enables an individual to wake refreshed after sleeping.

5 (currently amended). The use of Method of aiding a person to wake refreshed after sleeping comprising administering to said person a consumable film

comprising triprolidine or a salt or hydrate thereof as active ingredient of a sleep aid which also enables an individual to wake refreshed after sleeping.

6 (withdrawn). The use of a consumable film comprising triprolidine or a salt or hydrate thereof as active ingredient in the preparation of a medicament for the treatment or prevention of a sleep disorder which also enables an individual to wake refreshed after sleeping.

7 (withdrawn). Use of a consumable film comprising triprolidine as active ingredient in the manufacture of a composition for the treatment of sleep disorders.

8 (withdrawn). The use of a consumable film comprising triprolidine as active ingredient in the manufacture of a composition for inducing, prolonging and/or enhancing sleep and/or sleep quality.

9 (currently amended). A method for the treatment or prevention of grogginess, or drowsiness or lethargy on waking from sleep in a mammal comprising the administration to the mammal in need thereof of a consumable film comprising a non-toxic effective dose of triprolidine or a salt or hydrate thereof prior to the desired sleeping time.

10 (original). A method for enabling an individual to wake refreshed after sleeping comprising the administration to the individual in need thereof and prior to the

desired steeping time of a consumable film comprising a non-toxic effective dose of triprolidine or a salt or hydrate thereof.

11 (original). A method for aiding an individual's sleep and for also enabling the individual to subsequently wake refreshed after sleeping comprising the administration to the individual in need thereof and prior to the desired sleeping time of a consumable film comprising a non-toxic effective dose of triprolidine or a salt or hydrate thereof.

12 (original). A method of treating sleep of a person suffering from a sleep disorder, which method comprises administration of a consumable film comprising an effective dose of triprolidine as active ingredient to such a person.

A method for inducing, prolonging and/or enhancing 13 (currently amended). steep sleep, which method comprises administration of a consumable film comprising an effective dose of triprolidine as active ingredient to a person desirous of achieving sleep.

A waking refreshed aid in the form of a consumable film 14 (withdrawn). comprising triprolidine or a salt or hydrate thereof as active ingredient in association with a pharmaceutically acceptable carder therefor and instructions for administration thereof at or just before the desired sleeping time.

A pharmaceutical formulation for the treatment or prevention 15 (withdrawn).

of grogginess, drowsiness or lethargy on waking after sleeping in the form of a consumable film comprising triprolidine or a salt or hydrate thereof as active ingredient in association with a pharmaceutically acceptable carrier therefor and instructions for administration thereof at or just before the desired sleeping time.

16 (withdrawn). A pharmaceutical formulation for enabling an individual to wake more refreshed after sleeping, in the form of a consumable film comprising triprolidine or a salt or hydrate thereof as active ingredient in association with a pharmaceutically acceptable carrier therefor and instructions for administration thereof at or just before the desired sleeping time.

17 (currently amended). The use method as claimed in any of claims 1-8 claim

1, wherein the dose of triprolidine administered to the user person is prior to sleeptime

and is between 0.01mg and 20mg.

18 (currently amended). The use method as claimed in claim 1, wherein the dose of triprolidine administered to the user person is before sleeptime and is up to 20mg.

19 (previously presented). The method as claimed in claim 9, wherein the dose of active ingredient of triprolidine administered is between 0.01 and 20mg.

20 (previously presented). The method as claimed in claim 9 wherein the dose of

active ingredient of triprolidine administered is up to 20mg.

21 (withdrawn). The pharmaceutical formulation as claimed in claim 15, wherein the instructions for administration instruct a single dose of the active ingredient of triprolidine of up to 20mg prior to sleeptime.

22 (withdrawn). The pharmaceutical formulation as claimed in claim 15, wherein the instructions for administration instruct a single dose of the active ingredient of triprolidine of between 0.01 and 20mg prior to sleeptime.

23 (withdrawn). A waking refreshed aid as claimed in claim 14, wherein the instructions for administration instruct a single dose of the active ingredient of up to 20mg prior to sleeptime.

24 (withdrawn). A waking refreshed aid as claimed in claim 14, wherein the instructions for administration instruct a single dose of the active ingredient of triprolidine of between 0.01 and 20mg prior to sleeptime.

25 (previously presented). A method as claimed in claim 9, wherein the triprolidine is in the form of triprolidine hydrochloride.

26 (previously presented). A method as claimed in claim 9, wherein the person is suffering from a sleep disorder.

- 27 (previously presented). A method as claimed in claim 9, wherein the person is not suffering from a sleep disorder but is desirous of achieving a feeling of waking refreshed upon waking.
- 28 (previously presented). A method as claimed in claim 9 in which the active ingredient is administered between 1 minute and 2 hours prior to sleeptime.
- 29 (currently amended). Use The method as claimed in claim 1, wherein the triprolidine is in the form of triprolidine hydrochloride.
- 30 (currently amended). Use The method as claimed in claim 1, wherein the composition is an edible film.
- 31 (currently amended). Use The method as claimed in claim 1, wherein the active agent is in a form which is absorbable via the digestive tract.
- 32 (currently amended). The use method as claimed in claim 29, which is free of ingredients intended or effective to sustain or prolong release of the active ingredient.
  - 33-44 (cancelled).